

SHATTUCK PUBLIC SCHOOLS

OFFICE OF SUPERINTENDENT

P.O. Box 159
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After many discussions with regional health care officials, as well as our current situation with several cases and contacts in our school, we have decided that it would be in our best interest to move to our distant learning plan effective Wednesday, November 18, and return to school on Monday, November 30. At this time all school activities will continue to take place.

Organizations are going to be able to practice, with the understanding that parents reserve the right to keep your child at home from practice, competitions, or games during this time. It is our goal to distance our students for a period of time, but also allow students to participate in extracurricular activities. This break will minimize the number of people that are in contact with one another on a daily basis.

The timing of this break comes over the Thanksgiving Holiday and allows us to minimize the time our students are out of the regular classroom setting and maximize our separation. Upon returning to school it is important that we understand Covid 19 is still going to be around, and we need to find ways to coexist with the virus. Our goal moving forward is to have school as we normally would and have as few interruptions as possible. We appreciate your cooperation and understanding during these trying times.

Breakfast and lunch will be served daily during distance learning. In order to get an accurate count, please call your child's school office by noon the day before. Meals will be picked up at each site. Breakfast can be picked up from 8:00 a.m. to 8:30 a.m. and lunch from 11:30 a.m. to 12:00 p.m.

Here are some facts and terms from the CDC. These should help answer some of the questions that we have been getting on a regular basis.

1. Case - this is a person who has tested positive for Covid 19.
2. Contact - this is a person who was in close contact with a **CASE** (person with covid).
3. What is considered close contact? Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection).
4. If I think or know I had COVID-19, and I had symptoms, you can be around others after:

- a. 10 days since symptoms first appeared and
- b. 24 hours with no fever without the use of fever-reducing medications and
- c. Other symptoms of COVID-19 are improving*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

5. If I tested positive for COVID-19 but had no symptoms
 - a. If you continue to have no symptoms, **you can be with others** after 10 days have passed since you had a positive viral test for COVID-19.
6. Isolate - this is the 10-day window that a person with Covid 19 has to separate themselves from others.
7. Quarantine - this is the 14-day window that a person has to separate themselves from others from their last exposure with an infected person.
8. When is a person considered to be able to spread Covid 19 (infectious)? If a person tests positive with Covid 19 then that person is considered to be infectious starting two days before their symptoms started or from the time they tested if they have no symptoms. This is when we start the contact tracing.
9. Do masks help protect me from contact tracing? No. Although face coverings have been identified as a way to slow the spread of illnesses it doesn't matter if you were wearing a mask when you came in contact with a positive case. You would still have to quarantine.
10. Do I need to test if I have to quarantine? No. Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.